



Investing in Nutrition: Breakfast, Protein and School Performance

The most important meal for your child is breakfast. Make sure your son or daughter eats a healthy breakfast before the school day begins. Breakfast eaters perform better in class.

The morning meal helps your child stay alert and focused, especially if protein-rich foods are included. Good sources of protein are meat, eggs, dairy and nuts. Protein boosts brainpower. An example of a nutritious breakfast is whole wheat cereal, yogurt and fruit. A healthy meal will last longer and provide energy and vitamins.

If your child is not able to eat at home, make sure they eat breakfast at school so he or she is ready to learn. Waiting until lunch to eat is not good for a student, regardless of age.

National studies found that breakfast:

- **Improves classroom work, leading to better test scores and grades**
- **Increases children's ability to concentrate in school**
- **Decreases behavior problems, tardiness and visits to the school nurse**
- **Increases attendance**

Encourage your child to get into the habit of eating breakfast. The benefits are priceless.



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